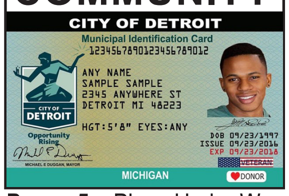
COMMUNITY

Page 4 – Stages of a Life: A Retrospective: Nora Chapa Mendoza

EL CENTRAL HISPANIC NEWS

Michigan's #1, Oldest, Largest and Only Bilingual Hispanic News • Free! ¡Gratis! • Vol. 34, #48 • **October 5, 2023**

COMMUNITY



Pages 5 – Plans Under Way to Restart Detroit ID Municipal Card Program

¡¡¡ Gracias Miggy!!!

Gran éxito el pasado fin de semana para los Tigres de Detroit en el juego de despedida de Miguel Cabrera

Fotos e historia por Michael Alberts

El homenaje a Miguel Cabrera ha terminado oficialmente, pero la emoción persistirá para Miggy, su familia e innumerables fanáticos. Más de 100,000 espectadores acudieron al Comerica Park este fin de semana para honrar a Miguel y al Béisbol. Padres e hijos, madres e hijas, familias, viejos y jóvenes llenaron el estadio durante tres juegos que se centraron en un solo jugador, con un mensaje que se le agregó a este tributo: El béisbol "el pasatiempo de Estados Unidos" es un deporte internacional. Los discursos completos se pronunciaron en español. La prensa llegó de todo el mundo. Los fanáticos vieron el béisbol como si tuviera sentido en un mundo enloquecido, ese día en el estadio unió a las familias, le devolvió la sensación de orden al mundo e hizo que los verdaderos fanáticos se dieran cuenta de que el béisbol se trata de DIVERTIRSE.

Si se le preguntara a la gente ¿Por qué llegó?, la mayoría respondería que fue para ver la última aparición de Miggy en la Home Base con el bate en la mano.

cont. en la pág. 8

Tigers' Farewell Weekend a Big Hit with Miggy and Fans

Photos and story by Michael Alberts

The celebration for Miguel Cabrera is officially over but the excitement will linger for Miggy, his family and countless fans. More than 100,000 spectators came to Comerica Park over the weekend to honor Miguel and the sport of Baseball. Fathers and sons, mothers and daughters, families, the old and the young filled the ballpark for three games that focused on one player, yet there were many messages reached the crowd besides a tribute to a great player. Baseball "America's Pastime" is an international sport. Whole speeches were delivered in Spanish. The press came from all over the world. The fans watched baseball as if it made sense of a world gone crazy, a day at the ballpark bonded families, brought back a sense of order to the world, and made true fans realize that baseball is about having FUN.

If you asked fans why they came, most would respond that it was to see Miggy's last appearance at home plate with a bat in his hand. His last visit to the plate with the bat was a walk on four straight pitches from Cleveland reliever Enyel De Los Santos. Yet in the end, his last trip to the plate was much less exciting than his return to the field with a first baseman's mitt on his hand.

cont. on pg. 8

Miguel Cabrera acknowledge fans, after taking 1st base and being taken out of the game in the 8th inning
Photo by Mike Alberts/EL CENTRAL

Historical Marker Unveiled in Mexicantown

State of Michigan Honors Tejano Music and Immigration from Mexico and Texas

By EL CENTRAL Staff

History came calling multiple times with the unveiling of a State of Michigan Historic Marker in Mexicantown on Friday, September 29. The official marker is the first-of-its-kind to honor the musical legacy of Tex-Mex migrants in Michigan. Secondly, it is the first historical marker to be installed in Southwest Detroit and the first that recognizes the contributions of a Hispanic community in the state of Michigan.

The official marker recognized the leadership of Martin H. Solis, Jr. who brought his brand of Tejano music called conjunto to Detroit and other parts of the state. Solis was a bajo sexto player and vocalist, who along with his cousin, Willy Huron, formed one of the first conjuntos based in Michigan, Conjunto Los Primos.

A second smaller black granite marker was also dedicated to recognize the contributions of many other Detroit Tejano music pioneers who were part of the lively music scene in the post war years. The list of the pioneers honored on the smaller marker appears below.

The official unveiling at the Mexicantown Plaza at Bagley and 21st Streets was accompanied by live entertainment by local Tejano band Beto y Dos Guys. Hundreds of family members of Martin Solis and the other Tejano musicians gathered in the Plaza along with former and current residents of Mexicantown and contemporary fans of the music genre and the celebration of Latino cultures. It was fitting that what started as an overcast afternoon, turned into a bright and sunny day by the end of the program, matching the electric mood of the crowd.

Raymond Lozano, executive director of the Mexicantown CDC, spoke about the significance that these historic markers bring to preserving the legacy of Mexican and Latino migrants in Michigan and in particular in Southwest Detroit. "Mexicans and Latinos have been in Detroit since the beginning of the 20th Century, and while expressways, bridges and gentrification continue to challenge and impact the Southwest Detroit community, it's heartwarming, although 50 years later, the recognition and acknowledgement of our migrant contributions to Detroit, to Michigan and beyond, are being celebrated," he noted.

Also present at the unveiling was Sandra Clark, director of the Michigan History Center/Michigan Historical Commission, which is responsible for placement of the markers across the state. She acknowledged the fact that this is the first official marker in Southwest Detroit and one recognizing the contributions of the Mexican American community. "I know. It's about time," she said. "I'm hoping there's going to be a lot more that follows this one."

Frank, son of Martin Solis, and his wife Anna Solis, have been the driving force behind the approval and installation of the historic markers. Together, the Solis family had the honor of pulling down the covering that draped the markers to reveal its historic messages for all the world to see.

Recognition of the contributions of Tejano music in our community is just the beginning for Frank Solis. "We plan on bringing Tejano dances back to Detroit. Now that he (Martin Solis) has been inducted into the Tejano ROOTS Hall of Fame, a lot of the bands from around the country would love to come to Detroit," he said. In fact, the historic weekend was capped off by a dinner dance in Allen Park on Saturday evening featuring live entertainment by the Tejano band Grupo Vicio.

The marker is a joint project between the Martin H. Solis Jr. Tejano Association and the Michigan Music Hall of Fame, with support from Third Man Records, the Mexicantown Community Development Corporation (MCDC), the Hispanic/Latino Commission of Michigan, SCP Radio and the Julian Samora Research Institute at Michigan State University.

Honorees pictured on the granite monument unveiled Friday in Mexicantown:

Raul Alfita (singer-drummer)
George Cantu (accordionist)
Rufus DeLaCruz (bajo sexto guitarist)
Willie Huron (saxophonist)
Neto Garcia (saxophonist)
Juan Gonzalez (multi-instrumentalist)
Nicolas Guerrero (accordionist)
Frank Martinez (bassist)
Joe Martinez (guitarist)
Ray Martinez (saxophonist)
Rodolfo "Rudy" Martinez (guitarist)
Manuel Rivera (accordionist)
Librado "Lee" Rocha (accordionist)

Jose "Joe" Sarabia (multi-instrumentalist)
Martin Solis (bajo sexto guitarist)
Casimiro Zamora (accordionist)

2 Business
The Future is Female: Linzie Venegas, President of the Ideal Group, is Taking the Company Far into the 21st Century

4 Community
Hispanics Compliment and Commend The Downtown Detroit Partnership

5 Community
The Detroit Tigers Honor 2023 Game Changers During Hispanic Heritage Month

6 World Culture
Elotiza: Mexican Corn Feast/ Elotiza: fiesta mexicana del maíz

10 Sports
Wolverines Remain Undefeated!!!

12 Opinion
"Genocide It's Not!"

13 Jobs/ Trabajos

The Future is Female: Linzie Venegas, President of the Ideal Group, is Taking the Company Far into the 21st Century

By Andrea Meza

An office space is not your typical daycare, but it was for Linzie Venegas who used to play with her Barbies under her father's desk. And like a true Barbie dream world, she has become the woman in charge — President of the Ideal Group

Venegas is just two weeks younger than the family business, so for her entire life, the family has been centered around the business, and the business has centered around the family.

The origins of the company start with her father, Frank Venegas, when he attended the Livingston County Builder's Ball, an event hosted by the Home Builders Association of Livingston County. They were raffling off a Cadillac Coupe Deville, and Frank took a chance and bought a raffle ticket, hoping to win a Cadillac Coupe Deville, he struck gold that night and won the car that changed the Venegas family's life forever.

Frank Venegas ended up selling the Cadillac, using the money to start a family-oriented, community-driven business. The company is known as Ideal Group, a conglomerate based in Southwest Detroit with over 600 employees, eight divisions, and a footprint in two countries.

Venegas literally grew up in the business and never saw herself doing anything else; she loved her family and learned to love the company.

"My brother and I both started very young, and as soon as I could say my ABCs, my dad was like, great, you can start filing and stuffing envelopes," Venegas said.

Venegas always knew that she would be involved with the company in some capacity, but how much exactly was not actualized for her until she found her love for digital marketing. When she was in middle school and high school she worked with college interns at Ideal on marketing projects for the new products the company was launching at the time.

"I just found it fun," she admitted because she was a young girl hanging out with a bunch of cool young adults and was learning a lot about the digital marketing industry. She worked alongside the interns to build out the company's first-ever website, and she grew particularly interested in the search engine tool, which could be used to their benefit by adding certain words to their site that would put them at the top of the search results.

Without a college education, Venegas taught herself everything she knew about digital marketing by seeking out books, workshops, seminars, watching videos, and reading articles online.

In her early twenties, Google launched Google Ads and Venegas, enthralled by the possibility of utilizing the platform to increase the company's network grew hungry to learn more. Digital marketing guided her to expand her own network and ultimately fostered a relationship with the Google team in Ann Arbor.

The relationship was a defining moment for Venegas. She learned to sell herself and the work she was doing with Google Ads to the Google executives in order to create a relationship where they would want to invest money into Ideal.

"At that time, smaller businesses were not using Google Ads for their business, so we forged a good relationship," voiced Venegas.

The Ideal Group became one of Google's beta testers, which means they would get to use Google's newest products before they were launched to the general public free of charge. In return for feedback about the utilization and web design, which was her passion.

For Venegas, building this relationship, seeing the exact numbers, and being able to provide the return on investment (ROI) to Google was a gratifying feeling that motivated her to do more.

Fast forward, and after many years of working in various divisions of the company, Linzie Venegas is president of Ideal Group, in a world where "the glass ceiling in the construction industry has proven a difficult one to crack, with just 1.4 percent of CEOs globally made up of women," according to BoldData.

Venegas has often found herself to be the only Latina in the room, especially when working in the construction industry. Again, she credits her father for being the reason she is so confident in those spaces.

"I come from a family of all men. I am the first woman of four generations in my family," Venegas said.

Venegas disclosed that her father was not like men in other Latino families who tend to be machistas or male chauvinists.

"I never got any special treatment. My dad was never like, your brother is going to be the boss, and you are below him, we were always equals," she said.

Above all else, she said having great mentors to learn how to carry yourself in professional spaces and how to interact with other people has helped her navigate those spaces. That is why, as president, she advocates for women and people of different backgrounds in general who will bring different but well-informed information to the table.

As a leader, she provides a vision and works with her team to define the vision and to properly actualize it. Worker retention is a priority for Venegas.

"For instance, with human resources, we want to create the best experience possible by looking at the different metrics such as age and the turnover rate. We try to figure out why there is a turnover rate and how to decrease it," Venegas explained.

Working for the family company is just a job for some people, but Venegas also knows employees sometimes spend a lot of time at work. This is why they strive to create a friendly work environment by personally knowing those who work for them. They also set up lunches and events to celebrate individual employee's and the company's success together.

A core goal of the company is to always follow the golden rule, which Venegas credits her father for, who always believed you should treat others as you'd like to be treated.

Venegas also attributes her work ethic to her father, who would tell her, "you are going to do this job, and this is the end game, and this is what I want you to learn." For Venegas and her brother, Jesse, taking over the company has been an honor, but they knew they had big shoes to fill.

"He [Frank Venegas] has really carved a name for himself and has really gone into uncharted territory with his career and made a lot of success, and sometimes being compared against that can be a challenge," said Venegas.

On the flip side, Venegas is grateful because "he comes into the office a couple of hours every day, and I'm able to give him a hug and tell him I love him every day."

There is no typical day for Venegas but she tries her best to keep some semblance of a routine by working out in the morning. "Right now, I've been doing a lot of walking because I'm doing a walking challenge," she chuckled. She said her morning walks have become "time to myself and time to think."

Linzie Venegas, President of The Ideal Group

After her workout, she jumps on a computer to respond to emails and begin goal setting for the day so she can be ready to take on whatever comes her way during meetings, appointments, and in her general interactions at the office. Every night, she ends her day with her husband and her dog.

Venegas laughed when discussing her personal goals and said, "I'm really working on sleep hygiene and just getting more sleep every day." Overall, she focuses on wellness and caring for her mind and body so she can be her best self every day.

The Ideal Group is specifically passionate about providing access to the youth of Southwest Detroit to gain knowledge, with the hopes that they will end up in the same rooms as her one day or break into spaces in other industries.

An example of providing access between communities is the recent collaboration between Cranbrook schools in Bloomfield Hills and Detroit Cristo Rey Middle School in Southwest Detroit. Between the two schools and Ideal Group, they create a curriculum centered around the kids going from Southwest to Cranbrook and vice versa.

"We are bringing all the kids up to Cranbrook, so they get to see the institute of science and get hands-on experience," Venegas said. "The Cranbrook community came down to Holy Redeemer Church because they wanted to learn about the church and the history."

Ideal Group has also provided Cristo Rey with a hospital room and a robotics room to give them the opportunity to expand their minds.

"I'm very passionate about how you use your connections or network to plug in areas where they can provide access to the students here in Southwest Detroit," said Venegas.

Ideal Group provides companies such as GM, Ford, and Honda with the materials and labor to build their plants. Ideal's steel erector crews currently work where the new electrical vehicles will be assembled.

One of her goals for the company is to continue running it alongside her brother. She is excited about providing clear pipelines for the youth to join their company so they can visualize themselves growing within the company.

Five months ago, General Motors held its 31st annual Supplier of the Year event in San Antonio, Texas. They awarded Ideal Senetech and Ideal Contracting, both divisions of the Ideal Group, with the Supplier of the Year award. Ideal Group has been recognized as the supplier of the year 19 times.

Venegas plans to be awarded Supplier of the Year for the 20th time.

Andrea Meza works as a social worker at United Community Housing Coalition and is a recent broadcast journalism graduate from Wayne State University. Her main passion is informing and supporting the community.

Lindsey Venegas, President of the Ideal Group, and her father, Frank Venegas, Chairman and CEO.

Left to right Loren Venegas, Jesse Venegas, Linzie Venegas and Frank Venegas (seated)

MOTOR CITY
ACCIDENT ATTORNEYS

ACCIDENTE DE AUTO RESBALONES Y CAÍDAS

1·800 411·PAIN
7 2 4 6

- Accidente de Auto
- Resbalones y Caídas
- Compensación Laboral
- Daños a la Propiedad

Motor City Accident Attorneys
Abogado Jon Wright
MOTORCITYACCIDENTATTORNEYS.COM

Hispanics Compliment and Commend The Downtown Detroit Partnership

By Rogelio Landin

The adage: "a picture is worth a thousand words" is apropos as applied to this photo of The Downtown Detroit Partnership signage prominently displaying a linguistically proficient (Spanish) and culturally competent homage, acknowledging our community as we come together to celebrate our collective heritage.

Hispanic Heritage month opens with the celebration of "El Grito de la Independencia", September 15th, commemorating Mexico's liberation from Spain; followed by "El Grito de Lares", September 23rd, the commemoration of Puerto Rico's initial uprising against Spain. Add to these historically significant events, a month-long celebration of food, music, art and dance. Most recently and notably, the dedication of the state historical marker dedicated to Tejano music at the Mercado in Mexicantown.

As a born and raised, life-long Detroiter, having spent the last 25 years living downtown, I have never witnessed such a display of true, Diversity and Inclusion.

From Detroit Taco on the west side in the new Cambria hotel to Jose's Tacos on the east side in Eastern Market and all the taco trucks in-between, Non-Hispanic Detroiters and our institutions are embracing us as never before, acknowledging our contributions to our city. This week we witnessed a retirement of historic proportions in Miguel Cabrera's leaving the field. Many of the players on the Tiger roster being comprised of Hispanics, we would be remiss not to mention past greats, e.g., Hank Aguirre and Aurelio Rodriguez.

Many of us contribute in our own way to the vitality of our city, much of which manifests itself in a more vibrant Downtown.

While I do not presume to speak for anyone else, my hope is simply that our collective Hispanic community leadership will take a moment to recognize the Downtown Development Partnership, as they have acknowledged us. It is in our present and future best interest to nurture and strengthen these civic relationships.

Stages of a Life: A Retrospective: Nora Chapa Mendoza, Oct 13 - Nov 11

Scarab Club Honors Nora Chapa Mendoza with Beam Signing and Solo Exhibition curated by new gallery director, Dalia Reyes

The Scarab Club is pleased to present the upcoming solo exhibition and beam signing by artist Nora Chapa Mendoza. "Stages of a Life: A Retrospective" is a showcase of Nora Chapa Mendoza's artistic evolution over the years curated by Scarab Club's new gallery director, Dalia Reyes.

This extraordinary collection features a diverse range of mediums, including assemblages, paintings, paper mache reliefs, and various mixed media works. Nora's art, reminiscent of Frida Kahlo's introspective style, serves as a captivating visual diary of her life, offering profound insights into the world she has experienced. Stages of a Life opens to the public, Friday, October 13, 5pm until 8pm in the main gallery. Free and open to the public. Beam signing will take place at 6:30pm in the historic lounge.

Nora Chapa Mendoza, now at the age of 91, continues to create and to be a strong voice for the Latino community. Her story is a testament to unwavering dedication and a passion that never waned. Through her heart-led work, Nora's art speaks poetically, boldly, and reminds us of the inherent beauty found within chaos. Her creations unveil the quiet moments of reflection that have the power to rejuvenate our spirits.

Nora Chapa Mendoza (1932-) is a painter and educator based in Detroit, Michigan. Born to Mexican parents in Weslaco, Texas, and raised in the American Southwest, Nora was encouraged at an early age to pursue her passion for painting. In 1953, she made a pivotal decision to relocate from Galveston, Texas, to Michigan to embark on her artistic journey.

Mendoza honed her artistic skills through formal education, studying art at the Detroit Center for Creative Studies and Madonna University in Livonia, Michigan. Her artistic journey was enriched by the guidance of accomplished Michigan painters, including Richard Koslow and Ljubo Biro.

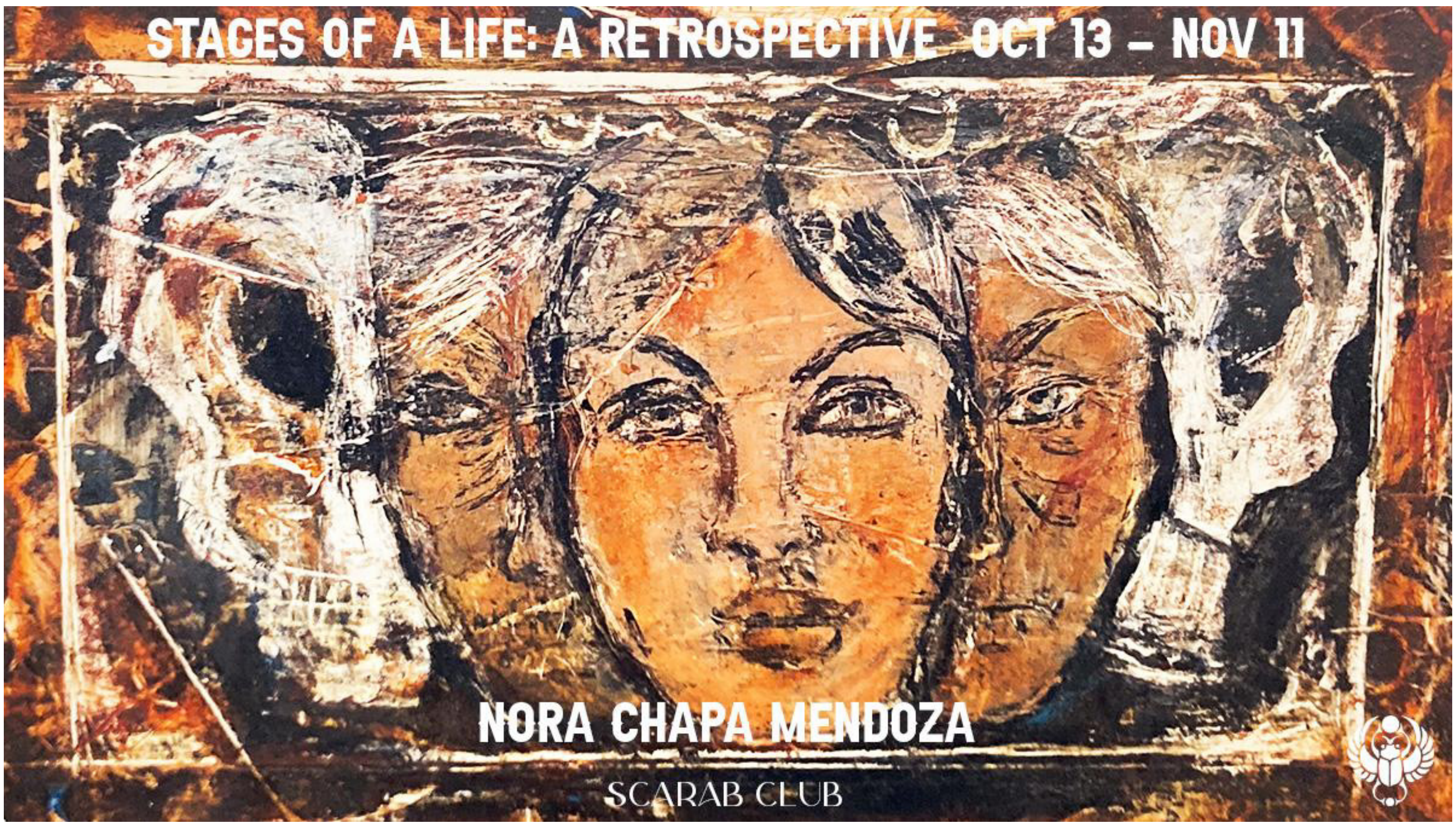
Throughout her artistic evolution, Mendoza's painting styles have spanned from abstraction to realism. However, a consistent thread in her work has been a commitment to civil rights and Chicano identity. As both an artist and activist, she has seamlessly integrated her art with various causes, including advocating for migrant workers, fair labor practices, indigenous identity, and civil rights. Notably, Nora Mendoza holds the title of a certified elder in Kanto de la Tierra, an intertribal council devoted to praying for the healing of the Earth.

Later in her career, Nora Chapa Mendoza extended her artistic practice to encompass restoration and mural projects. One noteworthy contribution was her participation in the 1996 renovation of Detroit's Music Hall, where she was one of eight artists involved. In 1999, she received the prestigious title of Michigan's Artist of the Year, along with the Governor's award, in recognition of her outstanding service to Michigan, with a particular emphasis on Southwest Detroit.

Nora Chapa Mendoza's artistic influence extends far beyond the borders of Michigan. Her work has been exhibited both in the United States and internationally, gaining recognition and appreciation in prominent private, corporate, and university collections.

To purchase artwork contact: Dalia Reyes, Curator + Gallery Director at dreyes@scarabclub.org

The Scarab Club is an enduring home for the cultivation and celebration of the visual, literary, and performing arts in Detroit. In welcoming all drawn to creative expression and artistic excellence, we aim to foster a stronger, more vibrant arts community. Located at 217 Farnsworth, Detroit, MI, 48202. Gallery hours are Wednesday – Sunday from 12pm–5pm.



Plans Under Way to Restart Detroit ID Municipal Card Program

The Detroit Health Department is in the early stages of preparing to relaunch its popular municipal identification card program - Detroit ID - and is seeking qualified vendors. The City recently issued a Request for Proposal (RFP) seeking vendors who can securely process applications and print Detroit ID cards on-site.

The Detroit Municipal ID card provides all Detroiters (regardless of immigration status, age, or gender identity) with a photo ID, so they are able to access City Services, open a checking and savings account at One Detroit Credit Union, gain entry to City buildings, or establish a utility account with providers such as DTE Energy and Detroit Water and Sewerage Department. The Detroit Municipal ID card does not replace a Michigan state-issued ID card or a driver's license, and cannot be used for driving or traveling.

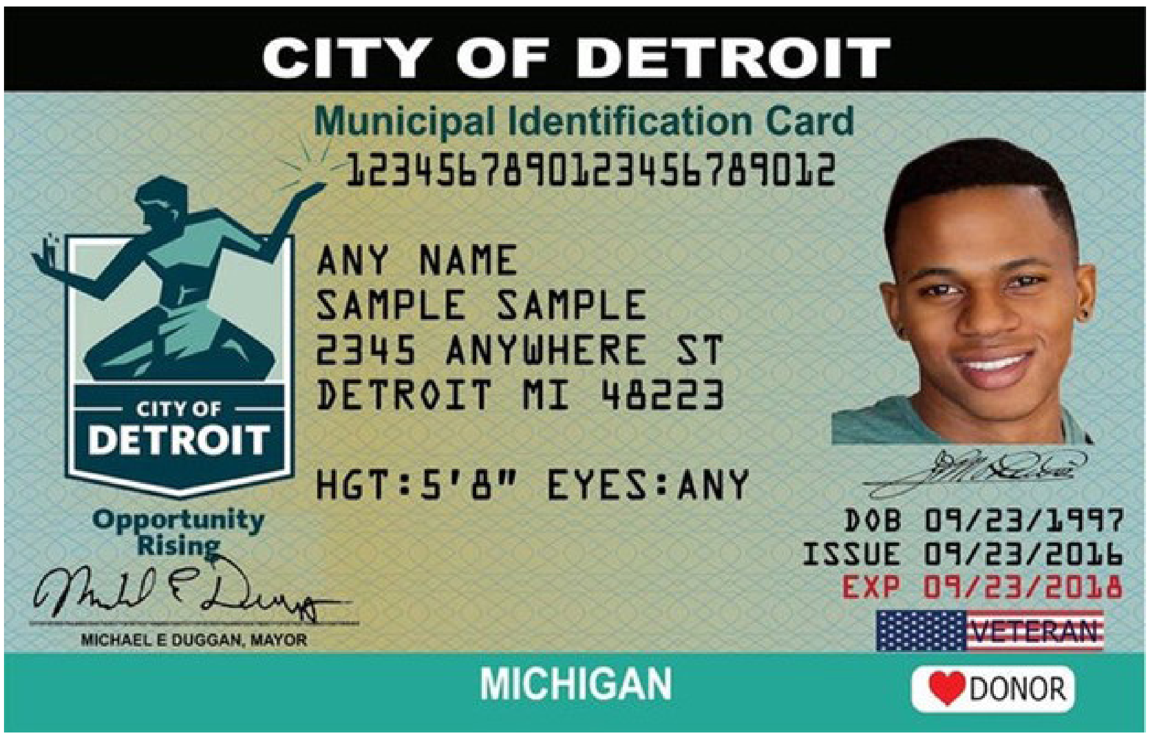
The Detroit Municipal ID card is available to all Detroiters, including those who are experiencing homelessness or who may be a returning citizen. The cost is $10 for ages 12+, free for children under the age of 11. Applicants under the age of 18 must have a legal guardian present during their application appointment. Fees may be waived for applicants experiencing homelessness.

"The need for equitable access to basic city services is great here in the city of Detroit, and the provision of a Municipal ID levels the playing field for many underserved populations," said Chief Public Health Officer, Denise Fair Razo.

The Detroit Health Department is working with the Immigration Task Force to ensure any concerns regarding data security are addressed. Included in the RFP is the city's requirement for a secure process that does not include second- or third-party access to applicant information.

"Our Immigration Task Force, council office, and our residents are so excited for our Detroit ID! It has been a long time coming for this much needed resource that connects residents to opportunities," said Gabriela Santiago-Romero, Council Member for City of Detroit District 6. "We need IDs to go to doctor appointments, open bank accounts, and pick up our medical prescriptions. We're grateful for our Health Department that has been working diligently to reinstate our Detroit ID and to make the process as easy as possible."

Council Member Gabriela Santiago-Romero, whose district includes a large undocumented



Sample City of Detroit municipal identification card

population in southwest Detroit, is a strong supporter of the Detroit ID program.

The Detroit Municipal ID card will be supported by community partners at both the local and state level.

Information about how to apply to submit an RFP and become a qualified vendor to the City of Detroit is available here: https://detroitmi.gov/departments/office-chief-financial-officer/ocfo-divisions/office-contracting-and-procurement/supplier-information-and-instructions. Proposals for RFP #183945 will be accepted starting at 8:00 a.m., October 2, 2023 through 1:00 p.m., October 30, 2023.

• Detroit Health Department is actively seeking bids from authorized vendors
• Photo ID Card provides access to all Detroiters for City services, and assists in the establishment of bank/utility accounts
• New vendor sought on the basis of software and protocols that deliver an enhanced level of security to safeguard applicants' data
• Cost is $10 - No appointment will be necessary to apply – walk-ins welcome at two locations

The Detroit Tigers Honor 2023 Game Changers During Hispanic Heritage Month

Ilitch Sports and Entertainment and Comerica Bank celebrated Hispanic Heritage Month before the home game vs the Kansas City Royals on Wednesday, September 27, by recognizing Jane C. Garcia, Laura Chavez Wazeerud-Din, Dr. Sonia Acosta and Elizabeth Orozco-Vasquez. They were awarded the "2023 Game Changer Award" for their amazing work and commitment in making a positive difference in the lives of the communities they serve through education, wellness and/sports programming.

Photo caption: From left, Dr. Sonia Acosta, President and CEO of Centro Multicultural La Familia; Jane C. Garcia, President Board of Directors of LASED; Laura L Chavez-Wazeerud-Din, Interim President and CEO of Southwest Detroit Business Association and Elizabeth Orozco-Vasquez, CEO Freedom House of Detroit.

Special World's Cultures

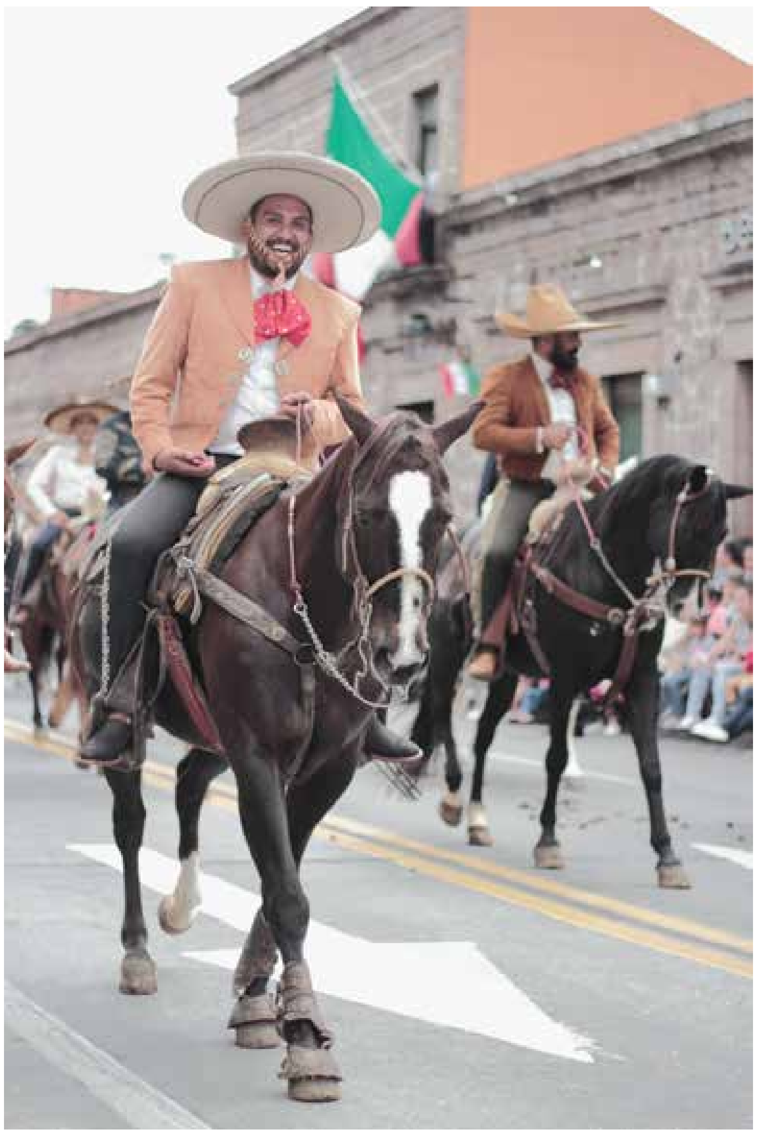
Elotiza: Mexican Corn Feast

Elotiza: Mexican Corn Feast

During the months of August, September and the first week of October, it is common to hear the Elotiza festival in the towns all over México, to celebrate that the time for the rainfed corn harvest has arrived and it is time to enjoy months of work. It is customary to hold these festivals on ranches and farms, bring the family together and share a variety of foods derived from corn, as well as enjoy mariachi music. In some towns there are parades with charros mounted on their horses, skirmishes and dances.

The tradition of getting together for the corn harvest dates back centuries, which has been recorded in the codices written when the Spaniards arrived in Mesoamerican territory.

The Aztecs say that when Quetzalcóatl went down to Mictlán for the sacred bones, Mictlantecuhtli did not want to give them to him and he had to deceive him, so he ran out of Mictlán, when he was about to leave, they pulled him back to the underworld and Quetzalcóatl threw the sacred bones to Coatlicue who was on earth already waiting for them. The Coatlicue grabbed the bones, ground them together with corn and mixed them with the blood of the gods, so that the new humans would know to be grateful and worship the gods. From that day on, corn became part of humans and, therefore, the desire for it has been inevitable.



La Elotiza is a way to remind us of everything we receive from corn, because on this day the grills-asadores are on fire since noon to put the meat from animals that were fattened during the year waiting for this celebration. The swords go through the ribs to roast them back and forth with the charcoal in the center.

The corn is ready, in all its stages and facets, since the corn, in each of its stages, is used for different uses:

The tenderest corn that is still small will be cooked in water to give to the children as tender corn that are as small as the size of the children's hands.

The corn that is still tender, but has already grown, is shelled and placed in a blender with sugar and cinnamon, liquefied to make sweet strained tamales, which look like corn custard.

Fresh mature corn is used either to make corn boiled in water, roasted esquites or to prepare sweet corn bread.

The dry corn should have already been soaked overnight with lime (cal) and water to prepare the nixtamal, grind it and leave the masa (corn dough) ready.

With the masa (corn dough) that comes out of the nixtamal it will be prepared the tortillas, gorditas, tamales, champurrado and atole.

And if that were the case, maybe also some stews with huitlacoche corn, some people also call it cuitlacoche.

Corn is, without a doubt, the basis of Mexican food, corn with salsas and chiles, stewed corn, fried, in dough, in tamale, in tortilla, on tostadas, in creams.

Corn is so generous that it reaches not only for the table, but also as food in all parts of Mexican life.

Tell them you saw it in EL CENTRAL

Diles que lo viste en EL CENTRAL

ESPECIAL CULTURAS DEL MUNDO

Elotiza: fiesta mexicana del maíz

Elotiza: fiesta mexicana de la cosecha del maíz

Durante los meses de agosto, septiembre y la primera semana de octubre, es común escuchar en los pueblos de México la fiesta de la Elotiza, para celebrar que ha llegado el tiempo de la cosecha del maíz de temporal y es momento de disfrutar meses de trabajo. Es costumbre llevar a cabo estas fiestas en los ranchos, juntar a la familia y compartir variedad de alimentos derivados del maíz, así como disfrutar de la música de mariachi. En algunos pueblos se lleva a cabo desfiles con charros montados en sus caballos, escaramuzas y bailes.

La tradición de juntarse por la cosecha del maíz viene desde hace siglos, misma que ha quedado registrada en los códices escritos cuando llegaron los españoles al territorio mesoamericano.

Cuentan los aztecas que cuando bajó Quetzalcóatl al Mictlán por los huesos sagrados, Mictlantecuhtli no quería entregárselos y éste tuvo que engañarlo, por ello salió corriendo del mictlán, cuando estaba por salir, lo jalaron y Quetzalcóatl le lanzó los huesos sagrados a la Coatlicue quien ya lo esperaba. La Coatlicue agarró los huesos, los molió junto con maíz y los mezcló con la sangre de los dioses, para que los nuevos humanos supieran a agradecer y adorar a los dioses. Desde aquel día el maíz pasó a ser parte de los humanos y, por tanto, el deseo de éste ha sido inevitable.

La Elotiza es una manera de recordarnos todo lo que recibimos del maíz, pues en este día se prende el asador desde medio día para poner la carne de animales que estuvieron en engorda durante el año en espera de la celebración. Las espadas atraviesan los costillares para con el carbón al centro asarlas a la vuelta y vuelta.

Los elotes se tienen listos, en todas su etapas y facetas, pues el maíz, en cada una de sus etapas se aprovecha para diferentes usos:

Los elotes más tiernos que aún están chiquitos se cocerá nen agua para dar a los niños como elotitos tiernos que son tan pequeños como el tamaño de las manos de los niños.

El elote que sigue tierno, pero ya ha crecido, se desgrana y a la licuadora con azúcar y canela, se licúa y con ello hacer unos tamales dulces colados, que parecen natillas de elote.

El maíz maduro fresco se usa, ya sea para hacer elotes cocidos en agua, esquites asados o para preparar pan de elote dulce.

El maíz seco ya debió haberse dejado una noche antes a remojar con cal y agua para preparar el nixtamal, molerlo y dejar la masa lista.

Con la masa que sale del nixtamal se preparará para hacer tortillas, gorditas, tamales y atole.

Y si fuere el caso, a lo mejor también unos guisos con maíz de huitlacoche, algunas personas le llaman también cuitlacoche.

Es el maíz, sin duda, la base de la alimentación mexicana, maíz con salsas y chiles, maíz guisado, frito, en masa, en tamal, en tortilla, en tostadas, en cremas.

El maíz tan generoso que no sólo para la mesa llega, sino también como alimento en todas las partes de la vida mexicana.

Espera nuestro Especial Semanal CULTURAS LATINOAMERICANAS, by Mariana Ayón RV

¡¡¡ Gracias Miggy!!!

Photos by Mike Alberts/ EL CENTRAL unless otherwise noted

Con't from pg. 1

At the end of the seventh inning, the stadium was subdued…. Fans had most likely seen Miggy at the plate for the last time. That was true, however the roar when he ran onto the field with a first baseman's mitt in the eighth inning was deafening. Suddenly, dramatically, everyone realized that his career was not just as a batter, but also as a player, one who truly loved the game.

Then as if scripted right out of Hollywood, the little boy, the happy smiling Miggy made a single-handed play at first base that made sense of it all. Steven Kwan, the Guardian's leftfielder hit a grounder to Miggy and he made the play at first without assistance. The stadium erupted and teammates ran onto the field to hug and celebrate the game…. It was fun.

So much fun that Miggy came to tears as he left the field for the final time as a player.

He will return to the Tigers as a Special Assistant to the President. We have not seen the last of this man, but we bid the player farewell…

Job well done Mr. Cabrera

Con't de pg. 1

Su última visita al home con el bate fue una base por bolas en cuatro lanzamientos seguidos del bateador de Cleveland, Enyel De Los Santos. Sin embargo, al final, su última ronda al home fue menos emocionante que su regreso al campo con el guante de primera base en la mano.

Al final de la séptima entrada, el estadio estaba apagado…. Lo más probable era que los fanáticos hubieran visto a Miggy en el home por última vez. Eso era cierto, sin embargo, el estruendo de cuando corrió hacia el campo con un guante de primera base en la octava entrada, fue ensordecedor. Dramaticamente, todos se dieron cuenta de que su carrera no era sólo como bateador, sino también como jugador, alguien que realmente amaba el juego.

Luego, como si fuera un guión sacado de Hollywood, el niño pequeño, el feliz y sonriente Miggy, hizo una jugada con una sola mano en la primera base, que le dio sentido a todo. Steven Kwan, el jardinero izquierdo del Guardian, le conectó un roletazo al venezolano y este hizo la jugada sin ayuda. El estadio estalló y los compañeros corrieron al campo para abrazarse y celebrar el partido…. Fue espectacular.

Hubo tanta emoción que Miggy rompió a llorar cuando abandonó el campo por última vez como jugador.

Regresará a los Tigres como Asistente Especial del Presidente. No hemos visto lo último de este hombre, pero nos despedimos del jugador...

¡Buen trabajo Sr. Cabrera!

Miguel Cabrera grabs a glove and takes the field for the last time, to play first base during the 8th inning on Sunday

For the ceremonial first pitch on Saturday's game, Miguel Cabreras' mother and father Gregoria Torres and Miguel Cabrera Sr. threw out the first pitch to son Tigers #24 Miguel Cabrera

For the ceremonial first pitch on Sunday's game, Miguel Cabreras' daughters and son Isabella Cabrera (daughter), Brisel Cabrera (daughter), and Christopher Cabrera (son) threw out the first pitch to father Tigers #24 Miguel Cabrera

Comerica Park fans hold up cards that say ¡Gracias! Miggy and "500" (for his 500th homerun), "24" (his jersey number) and "3,000" (for his 3,000 hit) to honor Tigers #24 Miguel Cabrera's career with the Tigers. Photo provided by Detroit Tigers

Tigers #24 Miguel Cabrera sliding into third base during Saturday's game

Detroit Tigers players and coaches congratulating Miguel Cabrera before the end of the game, with fans giving a standing ovation

Tigers #24 Miguel Cabrera at bat

Tigers #24 Miguel Cabrera misses the ball

Tigers #24 Miguel Cabrera at bat, with fans holding sign saying "Thank You Miggy"

Wolverines Remain Undefeated !!!

EL CENTRAL HISPANIC NEWS SPORTS

Sports Editor: Dan Graschuck/ EL CENTRAL

This past Saturday, the #2 University of Michigan Wolverines (5-0, 2-0 in the Big Ten) traveled to take on the Nebraska Cornhuskers (2-3. 0-2 in the Big Ten).

The Wolverines domintaed the Cournhuskers, and defeated them 45-7.

The University of Michigan Wolverines , travel to the Minnesotta Golden Gophers (3-2. 1-1 in the Big Ten), this Saturday, October 7th, at 6:30 pm (Peacock & NBC).

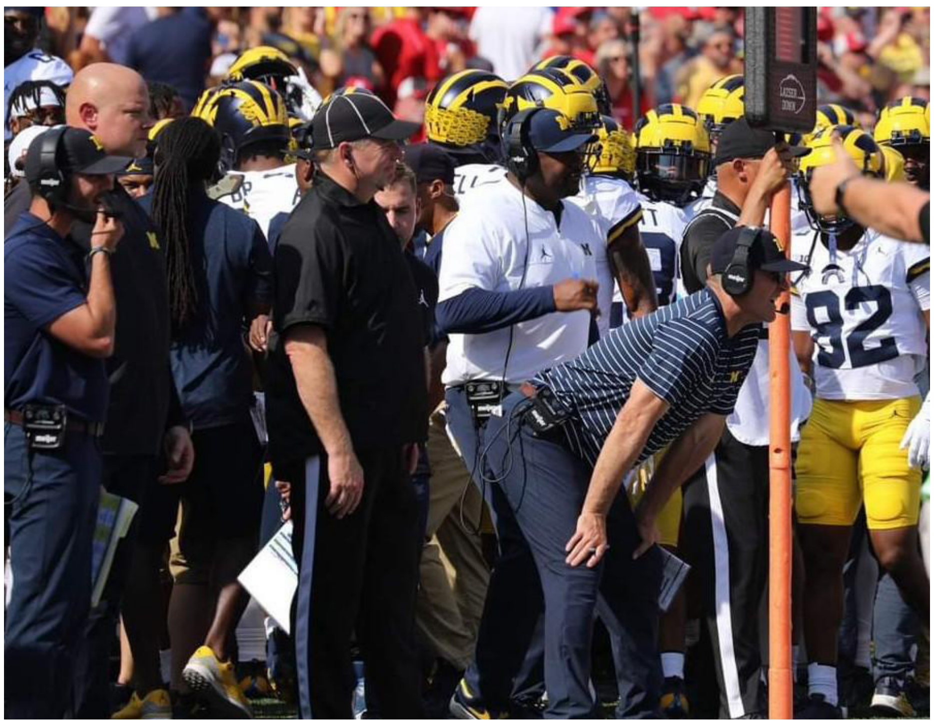
The Michigan State Spartans had a glimpse of hope at winning a game, against Iowa Hawkeyes, but could not stop the Hawkeyes.

The Spartans lost to the Hawkeyes (4-1. 1-1 in the Big Ten), 26-16.

The Michigan State Spartans (2-3, 0-2 in the Big Ten), have a bye this week and then travel to the Rutgers Scarlet Knights (4-1. 1-1 in the Big Ten, as of Tuesday 10/3/23), on Saturday, October 14 at noon (Big Ten Network).

Photos by: Suzie C. Baker

Wolverines RB #2 Blake Corum making a play against the Cornhuskers. Corum had 16 carries for 74 yards with 1 TD



Wolverines head coach Jim Harbaugh (in his iconic hands on knees pose), watches play against the Cornhuskers

Wolverines LB #25 Junior Colson tackles Cornhuskers QB #10 Heinrich Haarberg

Wolverines RB #7 Donovan Edwards making a play. Edwards had 14 carries for 48 yards and 1 reception for 3 yards

Wolverines WR #1 Roman Wilson makes an incredible catch for a TD, in the first half. Wilson had 4 receptions for 58 yards with 2 TDs. So far this season Wilson has been one of the most outstanding receivers in the country

PLAYOFFS SLIPPING AWAY

EL CENTRAL HISPANIC NEWS SPORTS Pateando la No. 5

David Levine
EL CENTRAL

After a devastating four days, Detroit City FC looks like a longshot to reach the USL Championship playoffs. The once impermeable defense looked a shadow of its normal self in two crushing 3-0 defeats, while the attack disappeared entirely over the course of 180 minutes that showcased all of its shortcomings. With just two games left, Le Rouge's 2023 season is on the verge of ending earlier than hoped, leaving Trevor James with a lot of work in his new role of Sporting Director.

Having surprisingly dispatched Miami FC 3-0, DCFC went into the midweek match against Colorado Springs looking to put pressure on both the teams chasing them and the teams just ahead in the Eastern Conference table. However, they failed to deal with the rainy conditions at Keyworth and committed some embarrassing defensive miscues, giving up three goals that belied the defensive standards set much of this season. All three resulted from poor communication between Nate Steinwascher and his back line.

If conceding three poor goals wasn't bad enough, Michael Bryant picked up two quick yellow cards during the second half, leaving DCFC down a man and down three goals for the last half hour plus stoppage time. Bryant then had to sit out the trip to Indianapolis over the weekend.

Even though DCFC conceded a lot of possession and territory to Indy Eleven, they just about made it to halftime 0-0. Unfortunately, the defense lost focus in the last minute of the half. The hosts took a free kick on the edge of their own penalty area, launched the ball upfield and watched as Douglas Martinez saw off weak challenges from Matt Lewis and Stephen Carroll to beat Steinwascher. The timing of the goal hurt. They never recovered defensively.

The offense never showed up. Over the whole game, DCFC produced just two weak shots on goal, never seriously threatening to score. Loan signing Aaron Bibout had an ineffective 58 minutes. He exited with the equally invisible Ben Morris and O'Neil Fisher. Their replacements--Rhys Williams, Richard Ballard, and Dario Suarez--made little impact. Indy pounced on further defensive frailties to seal a comfortable win and clinch a playoff spot.

Those two losses, which were really must win games, have made six points the minimum required for the trip to Loudon United this weekend and the home finale against league-leading Pittsburgh. The two losses allowed hard-charging Miami to leapfrog into the last playoff spot. The battle for the final playoff position is now between Miami, DCFC, and Tulsa. Whatever happens during these last two games, Trevor James will have to rebuild the attack for the lowest scoring team in the division. 27 goals in 32 games is not competitive. Even the league worst Hartford Athletic have scored 35 goals this season.

While the on-field product has not succeeded as well as hoped in 2023, the support the team gets from its fans has never wavered. It was easy to hear the DCFC supporters on the television broadcast from Indianapolis. A bus full of fans from Detroit easily made more noise than the announced crowd of roughly 12,000 locals, keeping in mind that 5,000 turned out on a Wednesday school night in miserable conditions in Hamtramck. The community is behind the team win or lose. Now, the team has to improve to match that devotion.

Lions - 34
Packers - 20

This past Sunday, the Detroit Lions traveled to Lambeau field, to take on the Green Bay Packers.

The Lions (3-1) dominated the Packers (2-2), and won 34-20.

The Detroit Lions return to Ford Field, on Sunday, October 8th, to host the Carolina Panthers (0-4) at 1:00 pm (FOX), before going on a 2 game road trip, to take on the Tampa Bay Buccaneers, on Sunday, October 15th at 1:00 pm (FOX), then travel to the Baltimore Ravens, on Sunday, October 22nd at 1:00 pm (FOX), then returning back to Ford Field on Monday, October 30th, to host the Las Vegas Raiders at 8:15 pm (ESPN).

(PHOTO: © Dan Powers/USA TODAY NETWORK-Wis / USA TODAY NETWORK)

EDITORIAL OPINION

"Genocide It's Not!"

By Raoul Lowery Contreras

Thousands of cars are lined up this second patiently waiting to move two or three car lengths an hour. "Estimates" are that this last weekend between 80 and 100 thousand people made that trip.

Is this the 32-lane border crossing between Metropolitan San Diego, California (3.28 million) and Tijuana, Baja California (3 million)? No.

It's the single legal border crossing between ten million people in Azerbaijan and tiny Armenia with its shrinking three million. There are probably more Armenians living in Russia than in Armenia. In the U.S. 300,000 or so Armenians live in scattered communities in Massachusetts and Michigan with the largest, 300,000, in Los Angeles' San Fernando Valley with some in Orange and Fresno counties.

Historian Victor Davis Hanson believes Armenians are a model immigrant group. Facts: Los Angeles County jails and California prisons have been the living spaces of the only gang in Los Angeles guilty of daytime car chasing with gunfire endangering normal Angelenos. Over a thousand state, federal and local law enforcement officers worked for years, Professor Hanson, to arrest and prosecute myriad Armenian gangs that criminally infected the San Fernando Valley community of the infamous Armenian "Diaspora."

Criminality is generally handled by "social contract" law enforcement. Difficulty is when an identifiable group ascends into terrorism. In the 1970s and Eighties, Armenian Diaspora crybabies in Los Angeles climbed out from normal constitutionally-approved free speech, petitioning the government and free association provisions of the Constitution into bombings, murder and arson.

Los Angeles was terrorized for a dozen years by Armenians who demanded we recognize their claim of "genocide" by Turks against Armenians a 100 years ago.

Two Turkish diplomats were lured to Santa Barbara and murdered by a septuagenarian Armenian. Another diplomat stopped at a red light was murdered in West Los Angeles by a 19-year old Armenian immigrant. He was imprisoned for over four decades. He returned to Armenia a national hero. He called the assassination honorable and legitimate.

White massacres of over a dozen Chinese immigrants in the 1870s, the anti-Mexican "Zoot Suit" riots of white American servicemen during WWII, the Black rebellions of Watts (1965) and the massive Black outrage of Los Angeles in 1992 with over 50 murders and billions of dollars in damage stood as the serious blemishes on Los Angeles until the Diaspora Armenians dragged Los Angeles into the world of terrorism.

The Armenians did their best to outperform the rioting Blacks of 1965 and 1992 in Los Angeles as well as the white military weeklong attack on Mexican men during WWII. By the way, while Armenians serving in the German army were killing Americans in France, 300-400,000 Mexicans and Mexican Americans were battling Hitler and Tojo.

What we are seeing is thousands of cars/trucks choking the one highway between the illicit capital of an illicit fantasy "state" of Artsakh and Armenia. Artsakh was dissolved by its leader.

The Soviet Union existed in 1988; it controlled Armenia and Azerbaijan. Armenia expelled an estimated 250,000 Azerbaijanis from Armenia where they had lived for years. When Azerbaijan declared independence from the Soviet Union, Armenians living in Azerbaijan's Karabakh region attacked - with Russian army support, killed and/or expelled an estimated 600,000 Azerbaijanis from their own internationally-recognized territory. Armenians ignored U.N demands to return the land to Azerbaijan. They occupied Azerbaijani territory for 30 years.

They were thrown out by a masterful 44-day war by the modern Azerbaijani army in 2020. Armenians were left with a sliver of land with 150,000 Armenians protected by a tiny "Russian peace-keeping force." Two weeks ago in a 24-hour "blitzkrieg" movement Azerbaijani troops simply moved in and took back the sliver of land the 150,000 Armenians still claimed to be an independent nation -- one no one in the world recognized.

Invited to stay as Azerbaijani citizens, these Armenians cry "genocide." They are driving to Armenia, thus the monstrous traffic jam.

Americans should look closely at the world-wide news coverage of the exodus. Ignore the crybaby propaganda. They should pay careful attention to the fact that no uniformed or irregular Azerbaijani troops or terrorists are chasing these people out of Azerbaijan. No shootings, no lynchings, no assassinations. Just traffic cops.

And, as for Los Angeles, the last riot occurred when Diasporan Armenian demonstrators attacked and hospitalized Los Angeles police during a riot on Wilshire Blvd outside the Azerbaijani Consulate.

Opinions in this column are not necessarily those of the Publisher or Editor

Do you have a contrary opinion? Write us at info@elcentralmedia.com

Service Directory / Directorio de Servicios

Churches Directory

Holy Redeemer
313-842-3450
1721 Junction,
Detroit, MI 48209
Misa:
Lunes Viernes: 6:00pm
Domingo: 10:00am, 12:00pm, 6:00pm

First Latin American Baptist Church
313-461-3669
2004 Scotten St.
Detroit, MI

Most Holy Trinity
313-965-4450
1050 Porter St.
Detroit, MI 48226
Misa: Dom 9am

St. Gabriel's
313-841-0753
8118 W. Vernor Hwy
Detroit, MI 48209
Misa: Dom 9:30am, 12:00pm, 7:00pm
Lunes: 6:00pm
Martes: 6:00pm
Miércoles: 9:00am

St. Francis D'Assisi - St. Hedwigs Parish
313-894-5409
3245 Junction
Detroit, Mi 48209
Domingo: 12:00pm
Miércoles: 7:00pm
Jueves: 7:00pm

Ste. Annes Parish
313-496-1701
1000 St. Anne St.
Detroit, MI 48216
Misa: Dom 10am

SONNENBERG
*HARDWARE & LUMBER
*DRYWALL *ELECTRIC
* PLUMBING
*WINDOW & SCREEN REPAIR
*FURNACE & FURNACE PARTS
2302 JUNCTION - DETROIT
(313) 554-4367
Hablamos Español

JUNCTION PARTY STORE
HOME OF THE COLDEST BEER IN THE SOUTHWEST
SIGUE - RIA
CERVEZA - TORTILLAS
SUAVITEL - PINALEN
313.262.6957
3260 Junction, Detroit MI 48210
Specials Every Weekend
Especiales Cada fin de semana

Conklin Creative
Celebrating arts and culture thourgh print, performance and cooperative play.
313•680•9006
ConklinCreative@mac.com

MATRIX THEATRE COMPANY
Acting, Puppetry & Playwriting Classes
Ages 5-18
313.967.0999
2730 Bagley Street
Detroit, MI 48216
Fax: 313.961-1016
matrixtheatre.org

AZTECA YOUTH ENRICHMENT, INC.
"An all Volunteer Organization"
A Michigan Non-profit Corporation & IRS 501 (c)(3) Tax-Exempt Organization
Azteca Boxing Team
195 W. Montcalm - Pontiac, MI 48342
Phone/Fax: (248) 332-6514
Robert K. Paramo, Director

Visit Us Online
elcentralmedia.com
facebook.com/elcentralmedia
instagram.com/elcentralmedia
EL CENTRAL HISPANIC NEWS

Diles que lo Viste en *EL CENTRAL*
Tell them you saw it in *EL CENTRAL*

SER METRO-DETROIT JOBS FOR PROGRESS, INC.
SER METRO-DETROIT HIRING EVENT
DETROIT WATER AND SEWERAGE DEPARTMENT
THURSDAY, OCTOBER 12, 2023
10:00 AM - 2:00 PM
Apply at the Ford Resource and Engagement Center
2826 Bagley Street, Detroit, MI 48216
Positions available:
- Customer Service Representatives
- Drivers
- Environmental Inspectors
- Field Engineers
- Field Service Technicians
- Firemen
- General Laborers
- Inspectors
- Remote jobs
Pay rate up to $17-30/hour
Benefits after 90 days
Bring copies of your resume
Dress for Success
Bilingual Representatives from DWSD and SER Metro-Detroit will be assisting with your online application/s.
Employer welcomes applicants from diverse backgrounds.
REGISTER AT: bit.ly/DSWD23
For more information, call Ms. Messenger at 313-377-1067 or Ms. Martin @ 313-945-5200.
DETROIT AT WORK | Ford | FORD MOTOR COMPANY FUND | MICHIGAN WORKS!

Classifieds / Clasificados

Place your Classified ad in Michigan's Largest, Oldest, and Only Weekly Bilingual Hispanic Newspaper, **EL CENTRAL !!!**

Oakwood Veneer Needs You!

Located in Troy

Machine Operators
Shipping & Receiving Associates

Starting pay: $15.75 - $16.25 per hour
Full Time - Day Shift • Medical/Dental/Vision
Weekly Pay • Paid Time Off • 7 Paid Holidays
Weekly Attendance Bonuses • Tuition Assistance

For inquiries, call (248) 720-0288 ext. 105
or email lindsay@oakwoodveneer.com

Inspiring Quote of the Week !!!

"One sees great things from the valley; only small things from the peak."

- G.K. Chesterton

NOW HIRING - Housekeeping/Fitness Attendants

Beverly Hills Club
31555 Southfield Rd, Beverly Hills, MI 48025
$12 - $15 an hour - Full-time, Part-time
Monday to Friday - Weekends as needed
Must have reliable transportation to and from work

BHC is a high-end fitness facility located in Beverly Hills, MI. Enjoy work in a positive environment with benefits which include a club membership.

Maintenance/Housekeeping staff should be motivated; capable of prioritizing and completing work tasks without the need for direct supervision. Responsibilities include general upkeep ensuring proper function and appearance of the BHC facility, as well as monitoring housekeeping and janitorial supplies.
For more information call (248) 642-8500 and ask for Shawn or Chris or come in and fill out an application today!

Case Manager Supervisor Vacancy

U.S. District Court, Eastern District of Michigan – **Case Manager Supervisor Vacancy Announcement at http://www.mied.uscourts.gov. Be a part of a great team located in Detroit, the employee supervises case managers, gathers and reports statistical data and backs up other supervisors in the Operations Department.** Professional and friendly work environment, great benefits and close to the downtown amenities. EOE

Advertise with us!

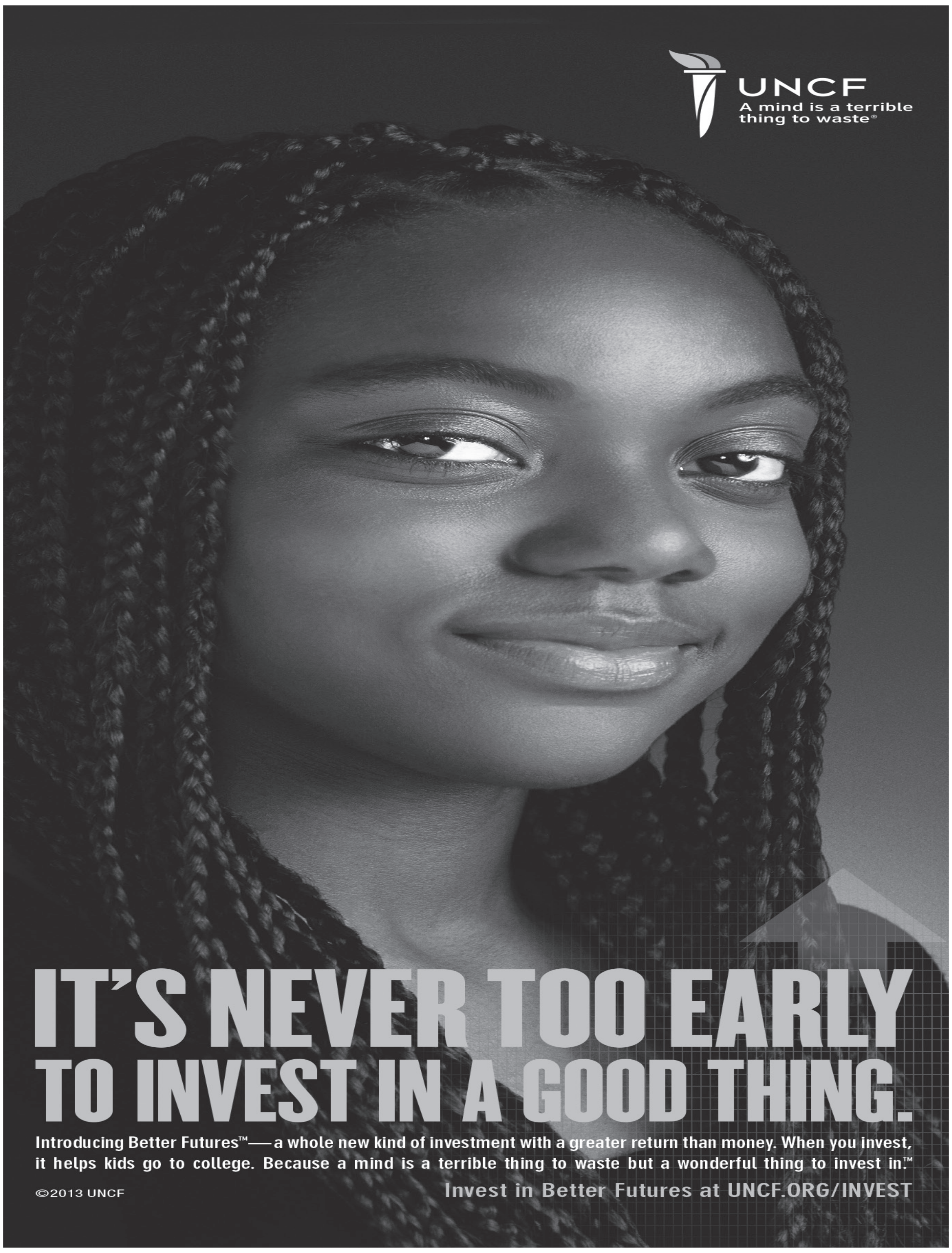
Call:
Dolores
1-313-841-0100
or email us at:
elcentralads@aol.com

Now Hiring Skilled R&R Mechanics

Busy Detroit transmission repair facility needs service technicians. We are **looking for skilled R&R mechanics but we are willing to train in that area if you do not have transmission repair skills.**
Contact (313) 835-7894 or email abtrans@sbcglobal.net for more information

Diles que lo Viste en *EL CENTRAL*

Tell them you saw it in *EL CENTRAL*



Visit Us Online

elcentralmedia.com

facebook.com/elcentralmedia

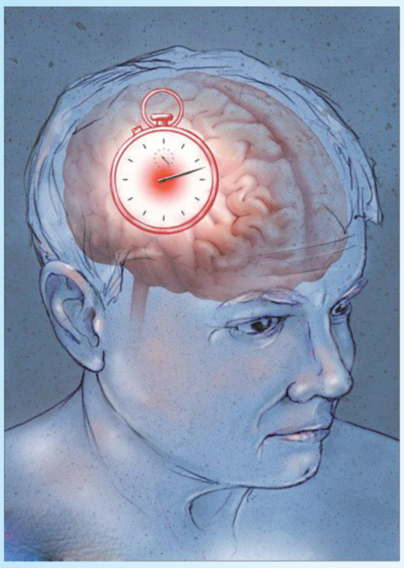
instagram.com/elcentralmedia

- ✓ Subscribe to the EL CENTRAL newsletter
- ✓ View 'between-issue' updates
- ✓ View current issues
- ✓ View past issues
- ✓ View feature articles
- ✓ Leave comments

EL CENTRAL
HISPANIC NEWS

We need to find out what the community thinks

Did you know that brain bleeding can be life-threatening?



Brain bleeding, known as intracerebral hemorrhage or ICH, happens when a blood vessel in the brain breaks and leaks. Sadly, more than 40% of patients experiencing ICH don't make it past a month, and only 20% regain their independence after six months. Right now, there's no approved treatment for ICH.

That's where the FASTEST study comes in!
Henry Ford Hospital and over 100 other hospitals are teaming up to investigate a potential game-changer called recombinant Factor VIIa (F7a). This clotting factor that our body already makes is approved for other bleeding conditions. It could slow down bleeding and improve patient outcomes if given within two hours of the first symptoms of ICH. If F7a is indicated, every effort to obtain consent from the patient or their family will be made, but in some cases, patients unable to provide immediate consent may be enrolled in this study.

Your voice matters!
This research study may affect you or someone you know, and we need to find out ahead of time what the community thinks about it. Share feedback and questions via the QR code or at redcap.research.cchmc.org. For more information, questions, or if you prefer not to participate, visit DetroitFASTEST.org or contact our research study staff at 313-404-9110 or EDresearch@hfhs.org.

FASTEST

Scan the QR Code to take the Survey!

HENRY FORD HEALTH®

Salud/*Health*

Choose to Move: 5 Ways to Help Manage Osteoarthritis

(StatePoint) Osteoarthritis (OA) is the most common form of arthritis and affects over 32.5 million U.S. adults. OA is a degenerative joint disease that causes pain and stiffness and can lead to limited function.

OA of the knee is the most common type, affecting more than 12 million Americans ages 65 and older. The signs and symptoms of OA can vary, but commonly include joint stiffness, pain during activity, and cracking or creaking noises around the joint.

"Although there is no treatment that can reverse OA, physical therapy can help individuals manage the symptoms conservatively through appropriate and individualized exercise programs and other treatments provided by physical therapists," said Rachel Prusynski, PT, DPT, PhD, a spokesperson for the American Physical Therapy Association. "Physical therapy may also help to prevent a worsening of OA and the need for invasive procedures and prescribed pain medications."

Backed by research. Many studies have shown that physical therapy is effective in helping manage OA. Now, a new report released by the American Physical Therapy Association provides another reason to choose physical therapy for OA of the knee over commonly used steroid injections — the overall value that physical therapy delivers to patients and the health care system. In addition to saving health care dollars, physical therapy helps patients increase mobility, balance, strength and flexibility, ultimately contributing to better health and lowering the risk of conditions that could require additional health care services down the road.

People with OA should increase their physical activity routines more gradually than those without OA and should avoid high-impact exercises (think jumping or pounding movements on the joints).

Prusynski suggests five ways to manage OA symptoms through movement:

• Regular physical activity can help maintain and improve movement and function, and reduce joint pain for people with OA. Physical therapists can prescribe a tailored, individual physical activity plan, which in addition to helping with OA symptoms, can also boost heart health and facilitate weight loss.

• Muscle strength training with exercises primarily aimed at the large muscle groups around the knee and hip joints. Muscle strengthening exercises include lifting weights or working with resistance bands.

• Low-impact aerobics activities put less stress on the joints and include brisk walking, cycling, swimming, water aerobics, light gardening, certain group exercise classes and dancing.

• Balance exercises like walking backward, standing on one foot and tai chi are important for those who are at risk of falling or who have trouble walking. Having OA can increase your risk of falling, so it's important to build your balance and strength.

• Flexibility exercises like stretching and yoga are important for people with arthritis to reduce muscle tension and strain. Yoga can be modified for those with arthritis. Some people with OA have joint stiffness that makes daily tasks difficult. Doing daily flexibility exercises helps maintain your range of motion so you can keep doing everyday things like household tasks, hobbies and visiting with friends and family.

Physical therapists are movement experts who improve quality of life through hands-on care and remote telehealth visits, patient education, and prescribed movement. They are important members of your health care team and often work closely with other health care providers, including your primary care physician. To learn more and find a physical therapist near you, visit ChoosePT.com.

Conozca a la próxima generación de agentes de cambio

Durante casi dos décadas, nuestro programa Student Leaders® ha ayudado a los estudiantes de escuela secundaria enfocados en la comunidad a prepararse para tener éxito en la fuerza de trabajo, al conectarlos con el desarrollo de habilidades, servicio comunitario y capacitación en liderazgo. A través de pasantías remuneradas con organizaciones sin fines de lucro locales como **Focus: HOPE**, adquieren experiencia práctica tanto para el trabajo como para la vida. Esta es solo otra manera en la que trabajamos junto con nuestras comunidades para construir un mejor futuro para todos.

Matt Elliott
Presidente de Bank of America en Detroit

Conozca más en **bankofamerica.com/detroit** (solo se ofrece en inglés).

BANK OF AMERICA

¿Qué quiere lograr?®

Cuando utiliza la función QRC, cierta información de su dispositivo móvil se recopila con fines comerciales.

Bank of America, N.A. Miembro de FDIC. Igualdad de oportunidades de crédito
© 2023 Bank of America Corporation. Todos los derechos reservados.

Escanee para detalles
(Solo se ofrece en inglés)

PUEDE QUE HAYAMOS SEGUIDO ADELANTE, PERO EL COVID-19 NO.
VACÚNATE.
REFUÉRZATE.
MANTENTE AL DÍA.
1.866.610.3885
WAYNECOUNTY.COM/COVID19
WAYNE COUNTY MICHIGAN
EXECUTIVE
WARREN C. EVANS
SERVING 43 COMMUNITIES
Public Health